

American Open

Scheduling of the Competition

Now that all but one of this year's major national events have been completed, we have evaluated what happened at these events and one of the conclusions we reached is that we need to do all we can to assure that the top lifters we have, the ones who are most likely vying for medals and spots on international teams at our national events, should have the opportunity to lift in "prime time". We did not focus on that at this year's Nationals, and the result was that we had some lifters who were vying for team spots lifting at midnight, and others lifting at 8AM (which amounted to 5 AM for those who live on the west coast but were lifting on the east coast). We do not want to see this happen again, so we are looking at ways to address this situation.

One way, which is what we will be trying at the AO, will be setting cutoff totals for the A sessions in advance of the competition (similar to what was done at the University Nationals this year) and having all B session lifters compete on Friday. Then, we will start as early as we need to, go as late as we need to, and use two platforms (if there are too many to handle with one platform on one day with reasonable hours) so that we get all of the B session lifting done on Friday. Then, on Saturday and Sunday, there will be one platform and our plan is that no session will begin before 9 AM (and since we are lifting on the west coast, it will be no earlier than a real 9 AM even for west coast lifters). We will also try to finish up by about 6 PM (which is of course 9 PM for east coast lifters). We are targeting 7 lifters per A session bodyweight category and combining two bodyweight categories in most A sessions, so there will be approximately 14 per session for most sessions (depending on actual entry totals).

Qualifying and Entry Total Limitations

In order to keep the qualification for the coveted A sessions fair, the highest total you can use on your entry is a total you have actually made in sanctioned competition. However, you may specify an Entry Total that is lower than that if you wish. Once you have been assigned to an A or B session using your entry total, you will remain in such as session even if you later switch bodyweight categories (e.g., if you total 260 at 85 Kg. and that places you in the B session of the 85 kg. category, you will not be able to lift in the A session of the 77 kg. category if you go down a bodyweight category). So lifters who qualify for a given day's lifting (A or B) on the basis of their entry totals will remain on that day (of course if you entered the 94kg. category and would lift in the Saturday A session and go up to 105 before the Technical meeting, you will lift on the A session for that category on Sunday).

Entry Due Date

We are changing the entry due date so that entries and payments for them must be received by our National Office by the deadline – not mailed or postmarked. Since well over 90% of our entries now occur online, this will not make any difference for most, but for those who do mail entries, you must make sure the entry and payment for it is received by us no later than the entry deadline. By making the

deadline one of receipt instead of mailing, we will be able to post a complete start list and tentative schedule sooner. And since the B and A sessions are determined by prior totals, we should have a very close approximation of the actual lifting schedule well before the competition (since only withdrawals and shifts to different bodyweight categories will affect the final schedule - which we will set as usual at the Technical Conference).

The 85/94 Kg. Categories Featured on Saturday Evening

The meet organizers have requested that the men's 85 and 94 categories be featured on Saturday evening because a number of the top local lifters are in those categories, and the organizers are planning to host a banquet that evening, so they want to complete the competition at a set hour. We are cooperating to experiment with this approach. Because we need to have all the lighter men's categories lift before this last session of the day, most of the categories contested on Saturday will be men's categories (only the 48 kg. and 53 kg. women's A sessions will lift on Saturday).

No Cooperation With Another Weightlifting Competition Taking Place on the Same Weekend

The USAW appreciates all of good work done by CrossFit to promote the use of the snatch and C&J, and free weights in general. That is why we were happy to hold our American Open with a CrossFit event going on in the same venue (but clearly separated), as was the case at last year's AO. However, we did not sanction or even know about the separate and unsanctioned weightlifting event that appears to be taking place in the other room of the same venue. Contrary to certain rumors, we did not schedule our B session to accommodate that unsanctioned weightlifting event, but rather to address the scheduling issues already described above.

YWC Trials Sessions and Totals Made at the AO

In addition to the special scheduling of the AO already mentioned, we plan to hold two Youth World Championship trials sessions for Youth age athletes who cannot qualify for the AO but are prospects for the YWC team (youth age athletes who can qualify for the AO will lift in the normal AO sessions but their totals will count toward qualification for the YWC). The YWC is being held in April of 2013 instead of its regular time slot, so we cannot use the 2013 Youth Nationals as a trial. Consequently, we are using the AO and National Juniors for that purpose (totals at national or drug tested international events from the 2012 YN on to the NJ will count toward qualification, but totals made in the special tryouts will not count toward placement in the AO).

In addition, as will be announced shortly on our web-site, the AO will serve as a qualifier for the 2013 Universiade and the Junior World Championships.

Photo ID Needed Unless You are 15 or Under But No Membership Card Needed

Since the National Office will be verifying all entries, it will not be necessary for those entering the competition to bring their USAW membership cards. However, everyone will need to furnish their photo ID at the weigh-in (except those who are 15 or under).